

LEST WE FORGET

# Remembrance Day

## November 2023 Willow Leaf

## Happy Birthday

### Residents

Ruthie Reader - November 2  
Gayla Bonnyman - November 7  
Gordon Evans - November 16  
Jamie MacKay - November 17  
Frances Fraser - November 20  
Grace Wall - November 27  
David Thwaites - November 28

Martha Hoeg - November 29  
Deila Black - November 30

### Care Partners

Cathy Rafters - November 4  
Colleen Mattatall - November 9  
Lori Ann MacNutt - November 13  
Edin Pierce - November 21

Brittany Chapman-Veno - November 30

### Pets

Willow - November 1

### From the Desk of Janine

*In Flanders Fields*

John McCrae - 1872-1918

In Flanders fields the poppies blow  
between the crosses, row on row,  
that mark our place; and in the sky  
the larks, still bravely singing, fly  
scarce heard amid the guns below.

We are the Dead. Short days ago  
we lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
the torch; be yours to hold it high.  
If ye break faith with us who die  
we shall not sleep, though poppies grow  
In Flanders fields.

**WE WILL REMEMBER THEM....WILLOW LODGE  
WILL BE PLACING A WREATH AT THE CENOTAPH  
ON NOVEMBER 11<sup>th</sup>**

**Janine Jaconeli  
Executive Director**

# Operations Corner

November means colder weather, and icy conditions. Staff and family are reminded to take care as winter conditions attempt to take over roads and walkways. Jason will be taking care of snow removal on sidewalks again this year, and we have a literal ton of icemelt on the way!

Flooring replacement continues toward completion. This week the seams upstairs are due to be welded, and remaining pieces fitted in place. Downstairs has seen major progress with most of the new flooring completed and sealed. Painting has also been completed on the lower level.

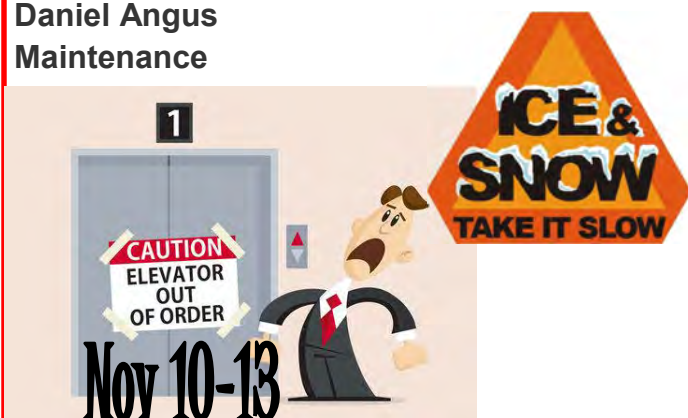
Our parking areas have been repainted. The newly designated Accessible Parking, and new lot areas have been painted as well.

The elevator project was delayed and has a new timeline. Start date is slated for November 10th and the crew has a plan in place to condense their timeline. This will help relieve impact on operations and departments, and extra staff will be on duty to reduce impact further.

The new bedpan sanitizer has arrived to replace the aging unit in Balmoral neighbourhood. This acquisition brings all 3 bedpan sanitizers up the same model.

Seacrest Electric will begin the upgrading of our electrical panels in the older portion of our home, starting Monday, November 6th. The new panels will be larger allowing us to be prepared for any future electrical upgraded that maybe needed. During this time we will experience isolated power outages throughout our home.

**Daniel Angus**  
Maintenance



# Nurses Nook

October is behind us !

We have completed our flu vaccine clinic for all of our Elders for this year. We have also just completed the COVID vaccine clinic for those who were eligible to receive it. This was the newest vaccine available.

We will be holding two more clinics for those who did not yet receive it due to recent infection and/or number of days since their last dose. The first one should take place early in the new year for those who are at/over 168 days from their last dose, and the second one in early April for those Elders who just recently tested positive in the latest outbreak.

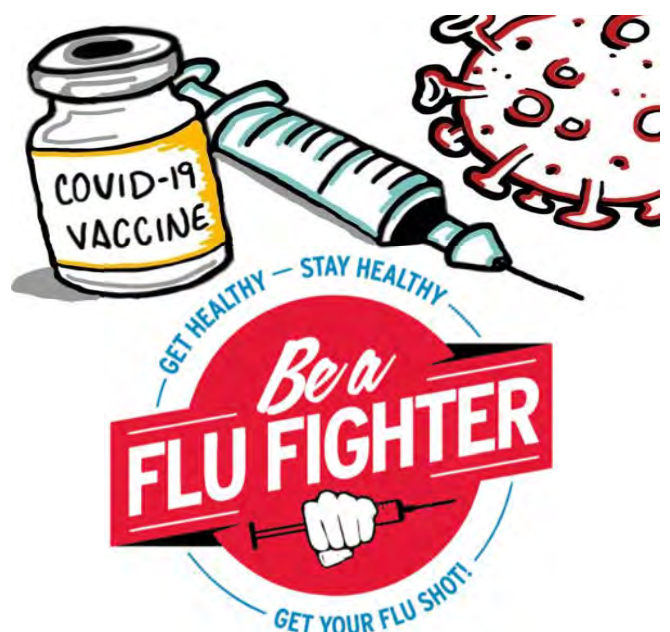
Thank you to all of our Care Partners for everything extra during our recent outbreak.

Please stay mindful of the circulating respiratory viruses in our community and all around us.

Remember to book your own vaccines!

Stay warm and safe.

**Jill Peterson, RN**  
Director of Care





# Eat Well, Be Well



As fall is underway, another one of my fall favorites is homemade butternut squash soup. I have been picking butternut squash out of my garden and making the soup below. It is a favorite in my house and I hope you enjoy. You will notice that there is coconut cream in the soup. Coconut has a unique taste, which many of us enjoy. It is high in fat, meaning you need to use it sparingly. Also, it is one of the two plant oils that are saturated fat (the other one being palm oil), meaning it is solid at room temperature. Choosing unsaturated fats most often can help lower your risk of heart disease. Therefore, choose coconut oil sparingly.

## Butternut Squash Soup

### Ingredients

2 to 3 small butternut squash  
2 sweet potato  
1 white onion  
1 Granny Smith apple (or any tart apple, I have used Gala's)  
2 carrots  
4 cloves of garlic  
2 celery stocks  
1 tsp salt  
1 tsp pepper  
 $\frac{3}{4}$  tsp cinnamon  
 $\frac{3}{4}$  tsp nutmeg  
1 can of coconut cream  
1.5 to 2 L of chicken stock



### Directions

1. Cut squash and sweet potatoes length wise. Scoop out seeds from squash, and place cut side down on a cookie sheet, poke with a fork. Bake in 350F oven for 45 to 60 minutes until cooked (when poked with a fork it will easily go through).
2. Peel and slice remaining vegetables and apple, and place in stock pot with minced garlic, cinnamon, and nutmeg. Add about 1 liter of chicken stock and cook over medium-high heat until all vegetables are tender.
3. Using a food processor (or blender), blend stock pot mixture with can of coconut cream until smooth and return to stock pot. Blend squash and sweet potato with remaining chicken stock and add to pot.
4. Add remaining stock or water to achieve desired consistency. Add salt and pepper. Cook on low-medium heat for approximately 10 minutes.

**Sarah Wilson**  
Dietitian

# Message from our Finance Office



If you have not done so already, please forward your residents new accommodation charge set by The Dept of Seniors and Long-Term Care for Nov 1st/23 to Oct 31/24. If you have any concerns with the new rate, please contact Peggy and she will direct you to the Eligibility Unit at Seniors and Long-Term Care.

**Peggy Weatherby**  
Finance Office

Christmas is fast approaching and we know looking for that perfect gift can take some time. We had a little elf leave some suggestions for you. Gift ideas for your loved ones:

- Warm Socks
- Unscented Toiletries
- Comforters & Fleece Throws & Fleece Sheets
- Gift Certificates for Hairdresser
- 2024 Calendar with Special family dates pre-marked with family pictures
- New Clothing for Christmas (Please have clothing pre tagged. Tags are available here at Willow Lodge if needed)

**Of course the best gift of all is having family visit over the holidays.**

**Christmas**



## Willow Lodge Annual Christmas Tea & Bazaar

When: November 17, 2023

Where: Willow Lodge

Home for Special Care

Time: 2:00pm - 4:00pm

If you are interested in a table, please contact

Julianne Tattrie

Email: [julie.tattrie@willowlodge.ca](mailto:julie.tattrie@willowlodge.ca)

or

Phone: 902-657-3101

Willow Lodge also will be putting in a table and looking for donations of baked goods and crafts.

**Tea & Dessert - \$5.00**

**Everyone is Welcome!**



We are extending invitations to family to participate in our annual Willow Lodge Christmas Parade. We are looking to add more floats to our indoor parade and we would love to have you all be a part of this special event. It will take place on December 21st at 2:30p.m. If you would need more information please call or email our Director of Recreation, Julianne Tattrie at 902-657-3101 or email [julie.tattrie@willowlodge.ca](mailto:julie.tattrie@willowlodge.ca)

Willow Lodge  
Pre-Christmas Dinner  
December 12, 2023

Roast Beef  
Mashed Potatoes  
Peas  
Turnip  
**Dessert**  
Santa's Coat Cake

Limited to 2 guests/resident  
\$15/per guest  
\*need special meal ticket\*  
RSVP by 3:00pm on December 8th  
phone 657-3101



Willow Lodge  
Christmas Dinner  
December 25, 2023

Roast Turkey  
Mashed Potatoes  
Peas  
Carrots  
Dressing  
Cranberry  
**Dessert**  
Minced Meat/Pumpkin Pie

Limited to 2 guests/resident  
\$15/per guest  
\*need special meal ticket\*  
RSVP by 3:00pm on December 21st  
phone 657-3101

26th Annual Tree of Love Campaign  
Thursday, December 14, 2023 at 2pm  
in Lynwood House, Willow Lodge



For more information please see  
page attached to back of our  
Willow Leaf.

Tree of Love 2023



## Willow Lodge 26th Annual Tree of Love

Friends of Willow Lodge,

Our 'Tree of Love' is an event that we host during the holiday season.

We will celebrate and remember those who have been and continue to be a part of our Willow Lodge Community, by lighting a bulb on the **Tree of Love**, in their memory, or honour.

Our **Tree of Love** lighting will take place on Thursday, December 14, 2023, at 2:00pm, in Lynwood House. In addition, for all to enjoy, a **Tree of Love** outside our home will be lit at 6:00pm, and will stay lit throughout the Holiday Season.

To purchase a bulb, detach the gift form and mail or drop off at Willow Lodge along with your donation.

Thanking you everyone for your support. Your gifts are truly appreciated.

Charitable Income Tax Receipts Available

For further information contact us at Willow Lodge (902) 657-3101

100 Blair Avenue, P.O. Box 249,  
Tatamagouche NS B0K 1V0



Name:	
Address:	
Prov:	Postal Code:
Tel. #:	

<i>In Memory of</i>
<i>In Honour of</i>

Tree Bulb Gift Range		
<i>Silver</i>	\$ 5.00	
<i>Gold</i>	\$ 10.00	
<i>Green</i>	\$ 15.00	
<i>Red</i>	\$ 20.00	
<i>Violet</i>	\$ 30.00	
<i>Blue</i>	\$ 50.00	
<i>Tree Top</i>	\$300.00	

<b>Send Card:</b>	
Name:	
Address:	
Prov:	Postal Code: